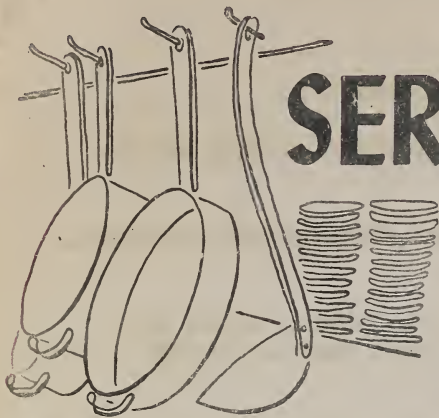


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

Published monthly by U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
Office of Supply

OCTOBER 1945

ABUNDANT FOODS

CABBAGE

Cabbage is an inexpensive vegetable and one that can be used in many ways. It is a good source of vitamin C when it is properly prepared. Cabbage should be cooked just until tender, in order to prevent discoloration, the development of a strong flavor, and the destruction of vitamin C. In order to preserve the crispness of cabbage salads, salad dressings should be added just before salads are served.

POTATOES

Sweet potatoes will be plentiful at harvest time, between September 15 and November 1. The quality of these sweet potatoes will be good and the prices will be below ceiling in most markets. Industrial feeding managers should plan to use sweet potatoes often during the period when they are abundant. Sweet potatoes may be baked, browned, candied or mashed. Steamed sweet potatoes are delicious when sliced lengthwise and browned lightly in a small amount of fat.

"Late" potatoes now appearing in the markets are thick-skinned and will keep well if properly stored. Cool, well-ventilated storage should be provided, and potatoes should be sorted frequently to remove any spoiled ones which otherwise might damage the entire lot.

Care should be taken in handling potatoes from the time of delivery until the time of serving to prevent unnecessary waste. More pounds of potatoes than of any other one vegetable are used in industrial feeding. Therefore, although they are relatively inexpensive, unnecessary waste in preparation may amount to a considerable item of expense.

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Some ways to prevent excessive waste in preparing potatoes are:

1. Sort potatoes for size to regulate the time required for cooking and to obtain uniform sized portions.
2. Use large potatoes for baking, the medium size for steaming and browning, and smaller ones for mashing and slicing.
3. Put potatoes of approximately the same size into the potato peeler to prevent small potatoes from being wasted while larger ones are being peeled.
4. Regulate the operating time of the potato machine to prevent over-peeling. Instruct workers in the exact length of time required to peel a hopper of potatoes.

MILK FOR WORKERS

War Food Order 79, which limited the use of milk and milk products, has been revoked. Industrial feeding managers now should have adequate supplies of milk, cream, and cheese. Ice cream will continue to be somewhat restricted in quantity by the sugar shortage.

Milk is one of our most valuable foods and it is also one which is easily contaminated. Therefore, the greatest care should be taken in handling and serving milk and other dairy products.

Recommendations that have been made by the United States Public Health Service for the care of milk in eating establishments include these precautions:

1. Pasteurized milk and milk products should be used whenever these are available.
2. Milk should be served in the original container in which it was received from the distributor, or from a bulk container equipped with an approved dispensing device. 1/
3. Milk should be held at or below 50° F.
4. The pouring lips of milk bottles and paper containers should not be submerged in water used for cooling.



Recent research has shown that milk dispensed in clear glass bottles should be kept out of the direct sunlight in order to prevent destruction of vitamin B₂



ON the Job

(riboflavin). Bottled milk that was exposed to direct sunlight for 1 hour lost from 30 to 54 percent of its riboflavin content. As milk is one of the most valuable sources of this vitamin, food managers should not let bottled milk stand on loading platforms exposed to sunlight.

BETWEEN-MEAL FEEDINGS

Industrial production is maintained at a higher level when fatigue is kept at a minimum and the morale of the workers is high. Studies on industrial efficiency have shown that short rest periods at the end of the first and third quarters of a shift have a beneficial effect in combating fatigue and in sustaining morale.

When appetizing and nutritious foods are served during the rest periods, they have been shown to result in increased productivity and improved morale.

Between-meal refreshments served to industrial workers should make a definite contribution to the worker's diet. Foods should be served that meet the following qualifications:

1. Provide essential nutrients as well as energy.
2. Can be dispensed quickly in a sanitary manner.
3. Can be sold at a moderate price.
4. Are acceptable to the workers.

Foods that satisfy these qualifications include: Fresh fruits, citrus fruit juices, tomato juice, milk, ice cream, and sandwiches. Whole-wheat crackers, peanut butter wafers, and molasses and oatmeal cookies are accompaniments that may be served with fruit juices or milk to supply nourishment as well as calories.

Experiments have shown that foods that contain protein and fat as well as carbohydrates sustain energy for a longer period than foods containing carbohydrates alone. Milk is a food that contains protein, fat, and carbohydrates and is, therefore, an excellent "snack" food. It should be offered in half-pint containers as well as in pints for the mid-meal snack.

Public Health Bulletin No. 280 - "Ordinance and Code Regulating Eating and Drinking Establishments Recommended by the United States Public Health Service," 1943 - gives standards for dishwashing and other recommended methods for the control of sanitation. Industrial food service managers will find much helpful information in this bulletin. It is for sale by the Superintendent of Documents, Government Printing Office, Washington 25, D. C. Price 20 cents.

OCTOBER MENUS FOR SPECIAL LUNCHES

1.

Roast shoulder of lamb
Mashed potatoes
Buttered peas
Enriched bread with butter or
fortified margarine
Canned apricots - cookies
Beverage

2.

Baked lima beans with bacon
strips
Fresh buttered spinach
Cabbage and carrot slaw
Whole-wheat bread with butter
or fortified margarine
Sweet potato pudding
Milk

3.

Hamburger patties
Scalloped potatoes
Stewed tomatoes
Enriched rolls with butter
or fortified margarine
Fruit in gelatine
Milk

4.

Boiled tongue with horse-
radish sauce
Baked potato
Buttered green beans
Whole-wheat bread with butter
or fortified margarine
Warm gingerbread with whipped
cream
Milk

5.

Fish cakes with tomato sauce
Parsleyed potatoes
Mixed green salad
Enriched bread with butter or
fortified margarine
Cottage pudding with fruit sauce
Milk

6.

Swiss steak
Steamed potatoes in jackets
Buttered fresh cabbage
Whole-wheat bread with butter
or fortified margarine
Prune whip with custard sauce
Milk

6.

Chicken fricasee
Mashed potatoes
Baked acorn squash
Enriched rolls with butter or
fortified margarine
Chocolate ice cream
Beverage

8.

Frankfurters
Hot potato salad
Buttered carrots
Enriched rolls with butter or
fortified margarine
Green apple pie
Milk

9.

Braised liver
Lyonnais potatoes
Parsley-buttered cauliflower
Enriched bread with butter or
fortified margarine
Sponge roll with orange filling
Milk

10.

Spanish omelet
New potatoes in jackets
Cabbage and apple salad
Enriched rolls with butter or
fortified margarine
Fruit pudding
Milk



MORE ABOUT CABBAGE

SALADS

<u>Ingredients</u>	<u>Molded Mexican Slaw 2/</u>	<u>50 portions</u>
Lemon Gelatine	8 packages	
Hot water	3-3/4 quarts	
Vinegar	1-1/2 cups	
Salt	3 tablespoons	
Cayenne	1/3 teaspoon	
Celery, finely cut	1-1/4 quarts	
Green peppers, finely cut	2 cups	
Cabbage, shredded very fine	2-1/2 quarts	
Carrots, shredded	2/3 cup	

1. Dissolve gelatin in hot water. 2. Combine vinegar, salt, and cayenne; mix with celery, green peppers, cabbage and carrots, and let stand to marinate 10 to 15 minutes. 3. When gelatine is slightly thickened, fold in vegetables. 4. Turn into individual molds. 5. Chill until firm. 6. Unmold on crisp lettuce. Garnish with salad dressing.

Twopenny Salad 2/

Lemon gelatine	8 packages
Hot water	4 quarts
Salt	1-1/2 tablespoons
Celery Salt	1-1/2 tablespoons
Vinegar	1-1/2 cups
Tomato ketchup	1 cup
Cabbage, finely shredded	2-1/2 quarts

1. Dissolve gelatine in hot water. 2. Add seasonings, vinegar, and ketchup. 3. Chill. 4. When slightly thickened, fold in cabbage. 5. Turn into individual molds. 6. Chill until firm. 7. Unmold on crisp lettuce. Garnish with salad dressing.

Mixed Green Salad 4/

5 pounds tender young spinach	2 teaspoons salt
5 pounds cabbage	2 cups French dressing
1 small onion, juice	15 strips bacon, diced, fried and drained. (if available)
1/2 cup vinegar	

Procedure:

1. Chop greens finely.
2. Add remaining ingredients.
3. Mix lightly together.
4. Add French dressing just before serving.

Cole Slaw 5/



- 1-1/2 gallons Cabbage, finely shredded
- 2 tablespoons salt
- 3/4 cup sugar or syrup
- 1-1/2 cups vinegar or lemon juice
- 1-1/2 pints evaporated milk

1. Trim cabbage, cut in quarters, core.
2. Shred or chop fine.
3. Mix vinegar or lemon juice with the milk; salt and sugar just before serving.
4. Toss cabbage with the milk mixture until well coated. Two forks are handy to use for mixing the cabbage and dressing. Keep cold.

Health Salad 5/

- 3 quarts cabbage, finely shredded
- 1 quart raisins
- 2-1/2 quarts apples, diced
- 1 pint nuts or chopped raw carrots
- 1-1/4 quarts prunes, stewed dried
- 1-1/2 pints cooked salad dressing

1. Trim cabbage, cut in quarters, core.
2. Shred or chop very fine.
3. Wash apples but do not peel. Cut in quarters and core, then dice.
4. Pit prunes and cut into pieces with scissors or knife.
5. Wash raisins and drain well.
6. Mix cabbage, apples, prunes, raisins and nuts with enough cooked salad dressing to moisten. Be careful not to mash the fruits. Two forks are handy to use for mixing salad.

NOTE: To retain color in apples until ready to mix salad: (1) mix apple with salad dressing immediately upon preparing, or (2) hold in fruit juice until ready to mix salad with salad dressing.



add Cabbage to
your shopping
list

Perfection Salad 6/

- 1/ cup gelatine (2 ounces)
- 1 teaspoon salt
- 3 quarts water
- 1 quart chopped celery
- 2 cups sugar (1 pound)
- 1 quart shredded cabbage
- 1-1/3 cups lemon juice
- 1 quart chopped carrots

1. Soak gelatine in water. Dissolve over boiling water.
2. Add sugar, lemon juice and salt.
3. When slightly moistened, fold in the vegetables.
4. Turn into individual molds.
5. Chill until firm.
6. Serve on crisp lettuce leaves with cooked salad dressing.

Vegetable Salad 7/

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|-----------------------------|---------------------------|
| 1 quart string beans | 2 quarts carrots or beets |
| 2 quarts Cabbage (shredded) | 2 quarts lettuce |
| 2 quarts cooked peas | |

1. Mix vegetables and moisten thoroughly with French dressing just before serving.
2. Serve on crisp lettuce.

Carrot, Cabbage and Peanut Salad

- | | |
|-------------------------------------|------------------------|
| 1 quart peanuts (roasted or salted) | 5 quarts cabbage |
| 2 quarts carrots | About 1 quart dressing |

1. Clean and scrape the carrot.
2. Wash the cabbage.
3. Put the carrot, cabbage and peanuts through the food chopper.
4. Mix with dressing, either French, cooked, or sour cream dressing just before serving. Add more seasoning if necessary. This is sometimes called "Vitamin Salad."

NOTE: Do not allow salad to stand after mixing as dressing makes it become limp and watery.

SOUPS

<u>Ingredients</u>	<u>Vegetable Chowder 3/</u>	<u>50 portions</u>
2 pounds salt pork, diced	1 gallon water	
1 pint onion, chopped	1/2 gallon cabbage	
1 gallon raw potato, diced	1/2 gallon turnips	
1/2 gallon carrots	1/2 gallon milk	

Method:

1. Fry the salt pork until crisp and remove the fat.
2. Cook onions in small amount of the fat until lightly browned.
3. Boil potatoes and carrots in the water until tender.
4. Add the cabbage and turnips and cook 5 to 10 minutes.
5. Add the milk, cooked salt pork and onions. Let simmer for 10 minutes.

Cabbage and Potato Soup 5/

- | | |
|--------------------------------|-------------------------------|
| 1-1/4 gallons cabbage, chopped | 3 tablespoons salt |
| 1-1/4 gallons potatoes, diced | 1 cup butter (may be omitted) |
| 1-1/4 cups onions, chopped | 2-1/2 quarts evaporated milk |
| 1-3/4 gallons water | |

1. Boil vegetables in the water to which the salt has been added. Cook only until tender, about 15 minutes. 2. Add butter and milk. Heat before serving

Vegetable Soup 3/

8 pounds beef neck or shank	1 cup chopped celery
4 gallons water, cold	1 quart potatoes, cubed
1 quart noodles, macaroni, rice	1/4 cup salt
or uncooked cereal	1 pint cabbage, chopped
1 quart onions, chopped	1 quart turnips, cubed
1 quart carrots, cubed	1 gallon tomatoes

1. Wash beef shank or neck in cold water.
2. Add cold water to meat and cook at simmering point for approximately 3 to 4 hours.
3. Strain to remove meat and bones.
4. Add noodles and vegetables (except cabbage, turnips and tomatoes) and cook slowly 25 minutes.
5. Add salt, cabbage, turnips and tomatoes and cook for 10 minutes.
6. Chop meat and add to soup.

NOTE: Meat may be added to soup or saved for sandwiches. Corn may be used in place of cereal.

Cream of Vegetable Soup 4/

1 medium cabbage	1 bunch celery
1 medium turnip	2 gallons water
8 medium carrots	1 (No. 10) can tomatoes
6 green peppers	1 tablespoon salt
8 onions	Bay leaves
8 medium potatoes	6 quarts milk

1. Chop all vegetables very fine.
2. Boil in water until tender.
3. Add tomatoes, salt and bay leaves.
4. Cook for 10 minutes, then add milk and thicken if desired.

COMBINATION DISHES

1-1/2 large cabbages	2 teaspoons butter
3 large onions	2 teaspoons olive oil
3 green peppers	Salt to taste
3 heads celery	Pepper to taste

1. Shred vegetables very fine.
2. Heat butter and oil in heavy skillet with tight-fitting lid.
3. Cook vegetables in oil and butter about 5 minutes over hot fire, tightly covered, and toss vegetables occasionally.
4. Season and serve at once.

Scalloped Ham and Cabbage 3/

2/3 cup butter	1 gallon cabbage, parboiled
1-1/3 cups flour	1-1/2 quarts ham, cooked and diced
1-1/3 quarts water	4 cups crumbs
1-1/3 quarts milk (evaporated)	

1. Shred and parboil cabbage for 3 minutes.
2. Prepare a white sauce of the butter, flour, milk, water and salt.
3. Place layers of cabbage in a greased baking pan.
4. Alternate with layers of ham.
5. Cover with white sauce and sprinkle with buttered crumbs.
6. Bake in moderate oven (350 degrees F.) for 30 minutes.

NOTE: Instead of the ham, chopped hard-boiled eggs, cheese or bacon may be added, all or in part.

Cabbage With Bacon Sauce 5/

4 gallons cabbage, chopped	1-1/4 cups flour
2 tablespoons salt	1-1/2 quarts liquid drained from cabbage or water
3 pounds bacon	1-1/2 quarts evaporated milk
1-1/4 cups bacon fat	Salt to taste

1. Put cabbage in kettle with only enough water in bottom of pan to prevent scorching. Sprinkle the measured amount of salt over the cabbage and cook until just tender, about 5 minutes, stirring occasionally to prevent cabbage in bottom of pan from being overcooked.
2. Drain cabbage and save liquid for sauce.
3. Cut bacon into small pieces and fry slowly until crisp.
4. Lift bacon out of fat carefully. Measure amount of fat needed for sauce. Use only the amount called for in recipe.
5. Blend fat with flour.
6. Add liquid from cabbage, or water. Stir and cook until smooth and thick.
7. Add milk and cook slowly until sauce is thickened, stirring constantly.
8. Add cabbage and bacon to sauce. Salt to taste.

Cabbage to Serve 50 7/

1. Buttered

10 lbs. cabbage
1 lb. butter

2. Creamed

8 lbs. cabbage
3 qts. med. white sauce

3. Scalloped

Cream cabbage (cover
with crumbs and bake)

4. Au Gratin

Add 2 lbs. cheese to creamed
or scalloped cabbage.

RELISHES

<u>Ingredients</u>	<u>Philadelphia Relish</u>	<u>Amount for 100 servings</u>
10 pounds chopped cabbage	1-1/2 pints vinegar	
1 pound chopped white onions	2 pounds brown sugar	
2 pounds chopped green peppers	4 tablespoons celery seed	
1 pound chopped red peppers	2/3 cup white mustard seed	
	3 ounces salt	

Yield, 100 2-1/2-ounce servings.

Combine the chopped vegetables. Mix the vinegar, sugar, spices, and salt and add to the chopped vegetables.

Corn Relish

5 pounds corn cut from the cob	3 ounces salt
5 pounds chopped cabbage	1/4 cup white mustard seed
1 quart vinegar	3 tablespoons celery seed
1-1/2 pounds sugar	1/2 cup dry mustard

Yield, 100 2-ounce servings.

1. Cut the corn from the cob and cook 7 minutes (or use whole kernel canned corn). Chill.
2. Chop the cabbage.
3. Mix the spices, sugar and vinegar together.
4. Combine the vegetables with the spiced vinegar.

COOKING CUES

Cabbage is plentiful this month and it is also one of the most useful and economical of the vegetables. Sales of cooked cabbage can be increased if it is well-prepared. When properly cooked, cabbage is pale green or white and has a delicate flavor. Only over-cooked cabbage is discolored and strong-flavored.

To obtain the best color and flavor and to conserve the nutritive value of cabbage follow these rules:

1. Cut the cabbage in wedges or shred it coarsely with as little crushing as possible.
2. Keep the prepared cabbage refrigerated until time to cook it.
3. Cook cabbage in one of the following ways, listed in the order of preference: compartment steamer; steam-jacketed kettle; or in boiling water on top of the stove.
4. When cooking cabbage in water use just enough boiling water to bubble up through the cabbage. Add the cabbage to the boiling salted water and bring the water rapidly back to the boiling point.

5. Cook only until the cabbage is tender. Cabbage will cook in 7 to 10 minutes in a compartment steamer. When cooked in water about the same length of time is required, counting from the time the water begins to boil after the cabbage is added.

6. Serve the cabbage as soon as possible after cooking. This may require cooking on a staggered schedule to replenish supplies on the steam table.

1/ U. S. Public Health Service "Milk Ordinance and Code Recommended by the U. S. Public Health Service." Bulletin No. 280, 1943, pp. 44.

2/ Recipes for 50, Consumer Service Department, General Foods Corporation.

3/ Manual for Managers of Rural and Other Small School Lunchrooms, prepared and published by the Ohio Dietetic Association, Versailles Policy Publishing Company, Versailles, Ohio.

4/ Quantity Food Service Recipes, Assembled under the auspices of the American Dietetic Association, J. B. Lippincott Company, Philadelphia, Pennsylvania.

5/ School Lunches, Quantity Recipes using evaporated milk prepared by the Evaporated Milk Association, Chicago, Illinois.

6/ Quantity Recipes for Quality Foods, Evaporated Milk Association, Chicago, Illinois.

7/ Victory Recipes for Family Meals, School Lunches, Group Meetings prepared by the State Department of Education, Home Economics Department, Columbia, South Carolina.

All recipes are for 50 servings unless otherwise indicated.

FOR YOUR INFORMATION

Films available from: Federal Security Agency, U. S. Public Health Service,
Division of Public Health Methods, Washington, D. C.
(Bethesda Station)

The Public Health Service announces the release of a sound slide-film series entitled OUR HEALTH IN YOUR HANDS, intended for use in teaching sanitation to personnel of eating and drinking establishments.

Copies of the series have been made available to all State health departments and Public Health Service district offices, and may be purchased from Castle Films, Inc., 30 Rockefeller Plaza, New York, N. Y. The price of the complete series is \$10.00, less 10% discount to schools and other non-profit institutions.

OUR HEALTH IN YOUR HANDS consists of 4 film strips and two double-face, 16-inch, 33 1/3 r.p.m. recordings. Each runs from 10 to 15 minutes. They are:

GERMS TAKE POT LUCK -- showing how germs cause disease, how diseases may be spread--particularly in restaurants--and how restaurant employees can do their part toward protecting the health of the nation by following correct sanitation practices. (76 frames).

SERVICE WITH A SMILE -- illustrating in photograph and narrative the need for attention to personal health, ways to keep well; and safe clean practices in serving food. (63 frames).

IN HOT WATER -- the correct way to wash dishes, handle, and store them. Hand dishwashing is shown step by step. A briefer sequence shows the operation of a single-tank dishwashing machine. (75 frames).

SAFE FOOD FOR GOOD HEALTH -- recommendations as to safe buying, safe preparation, safe serving of food, and how to protect it from contamination. (81 frames).

The value of educational methods in restaurant sanitation is gaining widespread recognition. Many health departments are conducting or planning training courses for restaurant employees. OUR HEALTH IN YOUR HANDS was designed for their use. It is suitable also for training programs in industry, which are devoting increased attention to the public health aspects of restaurant operations.

OUR HEALTH IN YOUR HANDS was produced by the Public Health Methods Division for the Milk and Food Section, Sanitary Engineering Division, U. S. Public Health Service.

